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## CLAIMS

What is claimed is:

1. A toe stretcher for stretching toes, comprising:

5 a frame with a separator for separating a plurality of toes, whereby a user may place the toe stretcher on the plurality of toes and effectively separate and stretch the toes.

2. A toe stretcher for stretching toes as set forth in claim 1, wherein the frame comprises a top portion, a bottom portion, a front portion, and a back portion, and  
10 further includes:

a plurality of holes through the frame for insertion of a plurality of toes, wherein each hole in the plurality of holes includes an entrance into the back portion, an exit from the front portion, and surrounding walls connecting the entrance with the exit, wherein:

15 the surrounding walls in at least one hole in the plurality of holes is continuous and thereby sealed; and

the surrounding walls in at least one other hole in the plurality of holes is non-continuous and thereby not sealed, serving as an openable toe hole allowing for easy insertion of a toe.

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3. A toe stretcher as set forth in claim 2, wherein the openable toe hole is sealed through use of an enclosure.

4. A toe stretcher as set forth in claim 3, wherein the enclosure is selected from a  
25 group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.

5. A toe stretcher as set forth in claim 4, further comprising a footwear attached with the bottom portion.

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6. A toe stretcher as set forth in claim 2, further comprising a footwear attached with the bottom portion.
- 5 7. A toe stretcher for stretching toes as set forth in claim 1, wherein the frame has an elongated top part connected with an elongated bottom part, and further includes:  
a plurality of indentations included in both the elongated top part and the elongated bottom part for placement of a plurality of toes, whereby upon placing toes upon the indentations on the elongated bottom part, a user may close the frame by closing the elongated top part upon a top side of a corresponding toe or  
10 toes.
8. A toe stretcher as set forth in claim 7, wherein the elongated top part is connected with the elongated bottom part through a connector.
- 15 9. A toe stretcher as set forth in claim 8, wherein the connector is a hinge.
10. A toe stretcher as set forth in claim 9, wherein an unconnected portion of the elongated top part and an unconnected portion of the elongated bottom part may be connected through use of an enclosure.
- 20 11. A toe stretcher as set forth in claim 10, wherein the enclosure is selected from a group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.
- 25 12. A toe stretcher as set forth in claim 11, further comprising a footwear attached with the elongated bottom part.
- 30 13. A toe stretcher as set forth in claim 7, wherein an unconnected portion of the elongated top part and an unconnected portion of the elongated bottom part may be connected through use of an enclosure.

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14. A toe stretcher as set forth in claim 13, wherein the enclosure is selected from a group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.

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15. A toe stretcher as set forth in claim 7, further comprising a footwear attached with the elongated bottom part.

16. A toe stretcher for stretching toes as set forth in claim 1, wherein the frame has an elongated top part separated from an elongated bottom part, and further includes:

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a plurality of indentations included in both the elongated top part and the elongated bottom part for placement of a plurality of toes, whereby upon placing a bottom side of toes upon the indentations on the elongated bottom part, a user may place the elongated top part upon a top side of a corresponding toe or toes and thereby utilize the toe stretcher.

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17. A toe stretcher as set forth in claim 16, wherein an unconnected portion of the elongated top part and an unconnected portion of the elongated bottom part may be connected through use of an enclosure.

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18. A toe stretcher as set forth in claim 17, wherein the enclosure is selected from a group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.

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19. A toe stretcher as set forth in claim 18, further comprising a footwear attached with the elongated bottom part.

20. A toe stretcher as set forth in claim 16, further comprising a footwear attached with the elongated bottom part.

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21. A toe stretcher for stretching toes as set forth in claim 1, wherein the frame has an elongated bottom part, and further includes:

a plurality of spacing members included in the elongated bottom part, thereby creating a plurality of indentations for placement of a plurality of toes, wherein:

at least one spacing member in the plurality of spacing members includes a vertical hole running from a top side of the at least one spacing member to a bottom side of the elongated bottom part, whereby a user may utilize the toe stretcher by placing a bottom side of at least one toe upon a corresponding indentation on the elongated bottom part and by placing at least one spacing member between adjacent toes.

22. A toe stretcher as set forth in claim 21, wherein a filament is placed through the vertical hole.

23. A toe stretcher as set forth in claim 22, wherein the filament is operative as an attachment, whereby a user may place the attachment over a top side of at least one toe and thereby utilize the toe stretcher.

24. A toe stretcher as set forth in claim 23, further comprising a footwear attached with the elongated bottom part.

25. A toe stretcher as set forth in claim 21, further comprising a footwear attached with the elongated bottom part.

26. A method for forming a toe stretcher connected with a footwear, comprising acts of:

connecting a frame with a footwear, where the frame has a separator for separating a plurality of toes, whereby a user may place the toe stretcher on the plurality toes and effectively separate and stretch the toes.

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27. A method for forming a toe stretcher connected with a footwear as set forth in claim 26, wherein in the act of connecting a frame with a footwear, the frame further includes:

5                   a top portion, a bottom portion, a front portion, a back portion, where the bottom portion of the frame is connected with the footwear;

                  a plurality of holes for insertion of a plurality of toes, where each hole has an entrance on the back portion, an exit on the front portion, and surrounding walls connecting the entrance with the exit, wherein:

10                   the surrounding walls in at least one hole in the plurality of holes is continuous and thereby sealed; and

                  the surrounding side walls in at least one other hole in the plurality of holes is non-continuous and thereby not sealed, serving as an openable toe hole allowing for easy insertion of a corresponding toe or toes.

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28. A method for forming a toe stretcher connected with a footwear as set forth in claim 27, wherein in the act connecting a frame with a footwear, the openable toe hole is sealed through use of an enclosure.

20           29. A method for forming a toe stretcher connected with a footwear as set forth in claim 28, wherein in the act of connecting a frame with a footwear, the enclosure is selected from a group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.

25           30. A method for forming a toe stretcher connected with a footwear as set forth in claim 29, wherein in the act of connecting a frame with a footwear, the bottom portion is integrally molded with the footwear.

30           31. A method for forming a toe stretcher connected with a footwear as set forth in claim 29, wherein in the act of connecting a frame with a footwear, the frame and

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the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.

5           32. A method for forming a toe stretcher connected with a footwear as set forth in claim 27, wherein in the act of connecting a frame with a footwear, the bottom portion is integrally molded with the footwear.

10           33. A method for forming a toe stretcher connected with a footwear as set forth in claim 27, wherein in the act of connecting a frame with a footwear, the frame and the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.

15           34. A method for forming a toe stretcher connected with a footwear as set forth in claim 26, wherein in the act of connecting a frame with a footwear, the frame further includes:  
                    an elongated top part connected with an elongated bottom part, where the elongated bottom part of the frame is connected with the footwear;  
                    a plurality of indentations included in both the elongated top part and the elongated bottom part for placement of a plurality of toes, whereby upon placing a  
20           bottom side of toes upon the indentations on the elongated bottom part, a user may close the frame by closing the elongated top part upon a top side of a corresponding toe or toes.

25           35. A method for forming a toe stretcher connected with a footwear as set forth in claim 34, wherein in the act of connecting a frame with a footwear, the elongated top part is connected with the elongated bottom part through a connector.

30           36. A method for forming a toe stretcher connected with a footwear as set forth in claim 35, wherein in the act of connecting a frame with a footwear, the connector is a hinge.

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37. A method for forming a toe stretcher connected with a footwear as set forth in claim 36, wherein in the act of connecting a frame with a footwear, an unconnected portion of the elongated top part and an unconnected portion of the elongated bottom part are connected through use of an enclosure.
38. A method for forming a toe stretcher connected with a footwear as set forth in claim 37, wherein in the act of connecting a frame with a footwear, the enclosure is selected from a group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.
39. A method for forming a toe stretcher connected with a footwear as set forth in claim 38, wherein in the act of connecting a frame with a footwear, the elongated bottom part is integrally formed with the footwear.
40. A method for forming a toe stretcher connected with a footwear as set forth in claim 38, wherein in the act of connecting a frame with a footwear, the frame and the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.
41. A method for forming a toe stretcher connected with a footwear as set forth in claim 34, wherein in the act of connecting a frame with a footwear, an unconnected portion of the elongated top part and an unconnected portion of the elongated bottom part are connected through use of an enclosure.
42. A method for forming a toe stretcher connected with a footwear as set forth in claim 41, wherein in the act of connecting a frame with a footwear, the enclosure is selected from a group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.

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43. A method for forming a toe stretcher connected with a footwear as set forth in claim 34, wherein in the act of connecting a frame with a footwear, the elongated bottom part is integrally formed with the footwear.

5        44. A method for forming a toe stretcher connected with a footwear as set forth in claim 34, wherein in the act of connecting a frame with a footwear, the frame and the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.

10       45. A method for forming a toe stretcher connected with a footwear as set forth in claim 26, wherein in the act of connecting a frame with a footwear, the frame further includes:

          an elongated top part separated from an elongated bottom part, where the elongated bottom part is connected with the footwear;

15        a plurality of indentations included in both the elongated top part and the elongated bottom part for placement of a plurality of toes, whereby upon placing toes upon the indentations on the elongated bottom part, a user may place the elongated top part upon a top side of a corresponding toe or toes and thereby complete the frame and utilize the toe stretcher.

20       46. A method for forming a toe stretcher connected with a footwear as set forth in claim 45, wherein in the act of connecting a frame with a footwear, an unconnected portion of the elongated top part and an unconnected portion of the elongated bottom part may be connected through use of an enclosure.

25       47. A method for forming a toe stretcher connected with a footwear as set forth in claim 46, wherein in the act of connecting a frame with a footwear, the enclosure is selected from a group consisting of Velcro, snaps, an elastic band, hole and pin, and a male/female joint system.

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48. A method for forming a toe stretcher connected with a footwear as set forth in claim 47, wherein in the act of connecting a frame with a footwear, the elongated bottom part is integrally molded with the footwear.

5        49. A method for forming a toe stretcher connected with a footwear as set forth in claim 47, wherein in the act of connecting a frame with a footwear, the frame and the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.

10       50. A method for forming a toe stretcher connected with a footwear as set forth in claim 45, wherein in the act of connecting a frame with a footwear, the elongated bottom part is integrally molded with the footwear.

15       51. A method for forming a toe stretcher connected with a footwear as set forth in claim 45, wherein in the act of connecting a frame with a footwear, the frame and the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.

20       52. A method for forming a toe stretcher connected with a footwear as set forth in claim 26, wherein in the act of connecting a frame with a footwear, the frame further includes:

          an elongated bottom part; and

          a plurality of spacing members creating a plurality of indentations for placement of a plurality of toes, wherein:

25                at least one spacing member in the plurality of spacing members includes a vertical hole running from a top side of the at least one spacing member to a bottom side of the elongated bottom part, whereby a user may utilize the toe stretcher by placing a bottom side of at least one toe upon a corresponding indentation on the elongated bottom part and by

30                placing at least one spacing member between adjacent toes.

53. A method for forming a toe stretcher connected with a footwear as set forth in claim 52, wherein in the act of connecting a frame with a footwear, a filament is placed through the vertical hole.

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54. A method for forming a toe stretcher connected with a footwear as set forth in claim 53, wherein in the act of connecting an frame with a footwear, the filament is operative as an enclosure, whereby a user may place the enclosure over a top side of at least one toe and thereby utilize the toe stretcher.

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55. A method for forming a toe stretcher connected with a footwear as set forth in claim 54, wherein in the act of connecting a frame with a footwear, the frame and the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.

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56. A method for forming a toe stretcher connected with a footwear as set forth in claim 54, wherein in the act of connecting a frame with a footwear, the elongated bottom part is integrally molded with the footwear.

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57. A method for forming a toe stretcher connected with a footwear as set forth in claim 52, wherein in the act of connecting a frame with a footwear, the frame and the footwear are separately formed and the act of connecting is performed by attaching the frame with the footwear.

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58. A method for forming a toe stretcher connected with a footwear as set forth in claim 52, wherein in the act of connecting a frame with a footwear, the elongated bottom part is integrally molded with the footwear.

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